

# Arizona: Burden of Chronic Diseases, 1996

## Cardiovascular Diseases

- Cardiovascular diseases were the most common cause of death in Arizona in 1996, accounting for 37% of all deaths.
- Rates of death from cardiovascular diseases were 58% higher among men than among women.
- In 1996, 6,543 deaths were due to ischemic heart disease, which accounted for 18% of all deaths.
- Rates of death from stroke were 56% higher among blacks than among whites.

## Cancer

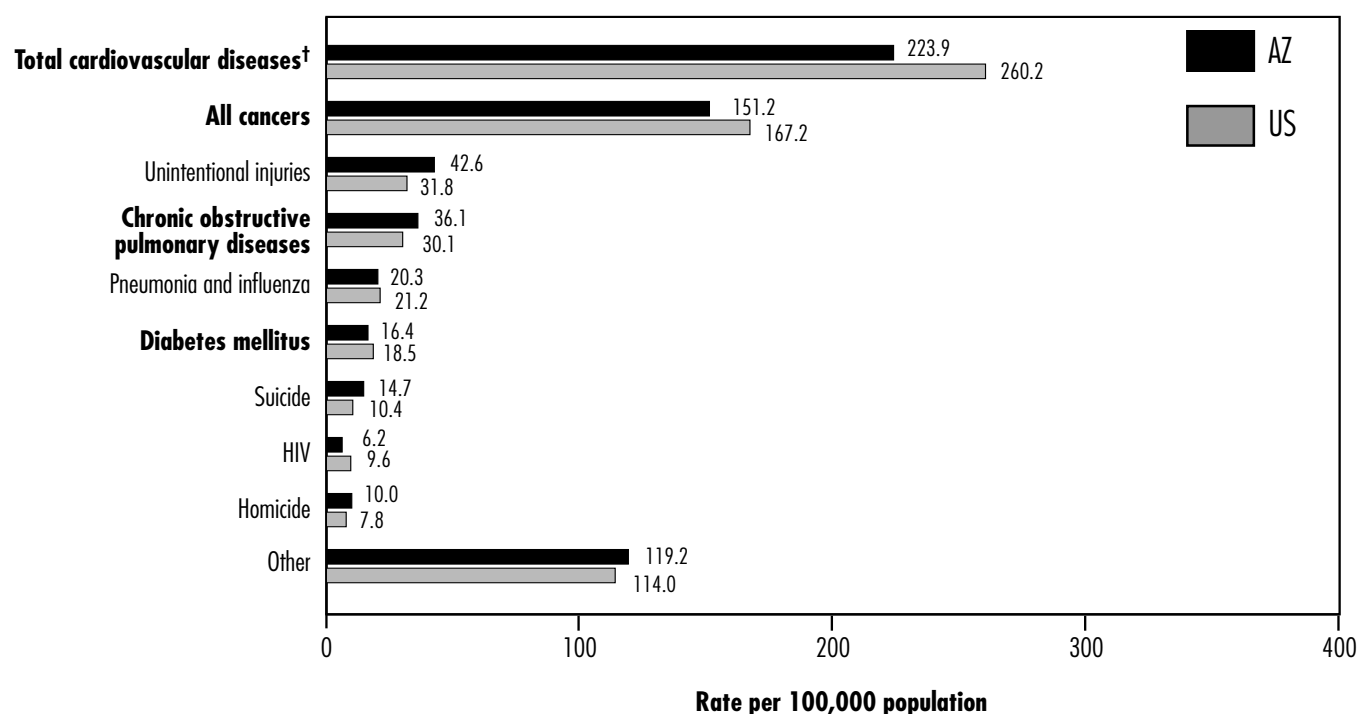
- Cancer accounted for 23% of all deaths in Arizona in 1996.
- Rates of death from lung cancer were 84% higher among men than among women.
- Rates of death from colorectal cancer were 85% higher among blacks than among whites.

- The American Cancer Society estimates that 20,000 new cases of cancer will be diagnosed in Arizona in 1999, including 2,800 new cases of lung cancer, 2,000 new cases of colorectal cancer, 3,300 new cases of prostate cancer, and 2,600 new cases of breast cancer in women.
- The American Cancer Society estimates that 9,200 Arizona residents will die of cancer in 1999.

## Diabetes

- In 1996, 119,637 adults in Arizona had diagnosed diabetes.
- Diabetes was the underlying cause of 899 deaths and a contributing cause of an additional 1,367 deaths.
- Rates of death from diabetes were 448% higher among American Indians/Alaska Natives, 306% higher among blacks, and 143% higher among Hispanics than among whites.

## Causes of Death, Arizona Compared With United States, 1996\*



\*Deaths per 100,000, age adjusted to 1970 total U.S. population.

†Total cardiovascular disease rates include rates of death due to ischemic heart disease (108.6 per 100,000 in Arizona and 131.0 per 100,000 in the United States) and rates of death due to stroke (37.3 per 100,000 in Arizona and 42.0 per 100,000 in the United States).

# Arizona: Risk Factors and Preventive Services, 1997 and 1998

## Risk Factors Among Adults

- In 1998, 25% of men and 19% of women in Arizona reported current cigarette smoking.
- Of all states, Arizona had the highest percentage of adults who reported no leisure-time physical activity.
- No leisure-time physical activity was reported by 67% of Hispanics and 48% of whites.
- Arizona had the highest percentage of adults who reported eating fewer than five servings of fruits and vegetables per day.
- According to self-reported height and weight, 63% of men were overweight, compared with 37% of women.

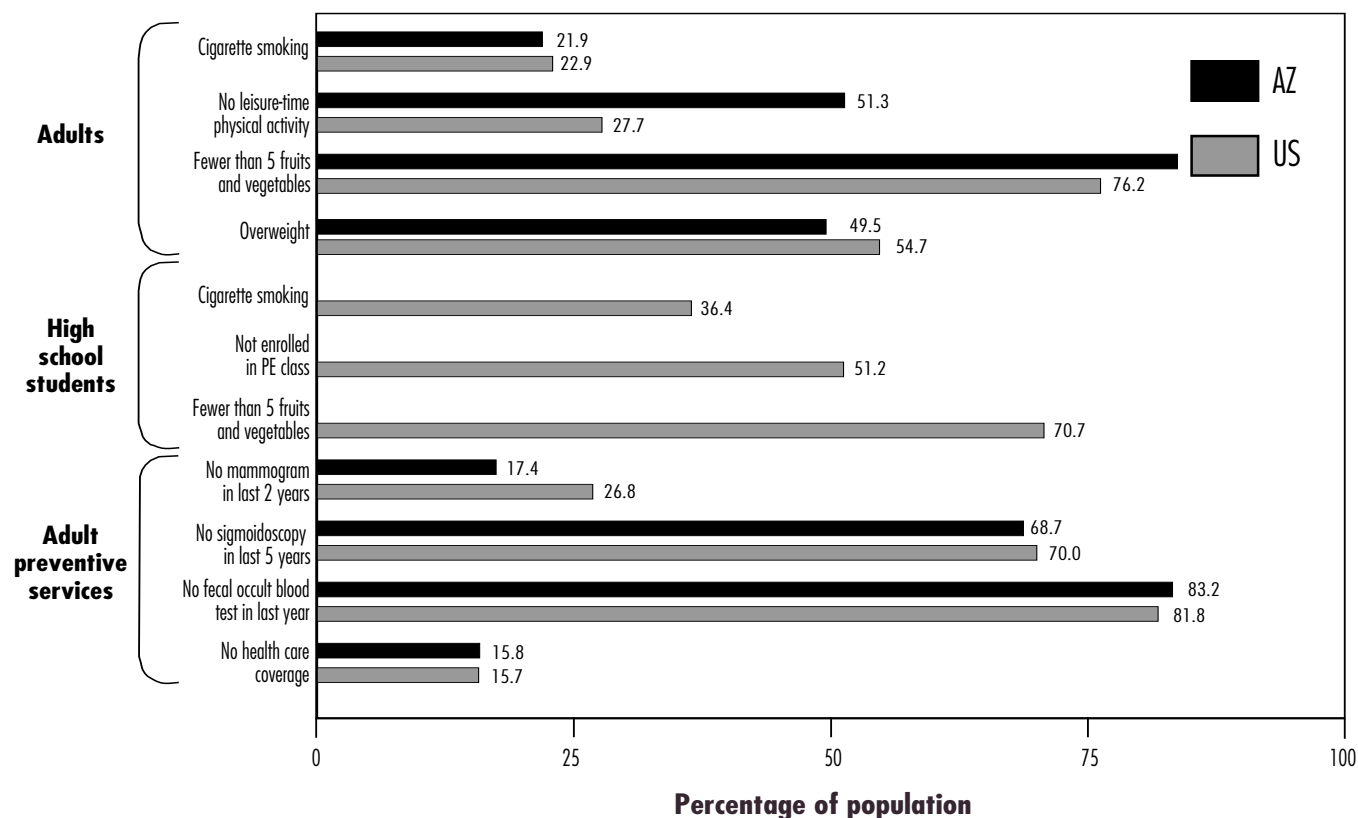
## Risk Factors Among High School Students

The 1997 YRBSS was not conducted in Arizona.

## Preventive Services

- Of women aged 50 years or older, 17% reported not having had a mammogram within the last 2 years.
- Among adults aged 50 years or older, 72% of women and 65% of men reported not having had a sigmoidoscopy within the last 5 years.
- Among adults aged 50 years or older, 85% of women and 80% of men reported not having had a fecal occult blood test within the last year.
- Among adults aged 18–64 years, no health care coverage was reported by 35% of Hispanics but only 9% of whites.

## Risk Factors and Preventive Services, Arizona Compared With United States



Source: CDC, Behavioral Risk Factor Surveillance System, 1997 and 1998.  
CDC, Youth Risk Behavior Surveillance System, 1997.